

SUMMARY OF CELEBRATE ACTIVE AGING
May 19, 2005

INDIANA CONFERENCE ON AGING WELL
Muncie, IN

On May 19, 2005 two hundred and thirty five senior citizens converged on the Ball State Alumni Center for the second annual Aging Well Conference. The conference was the culmination of several months of planning by committed volunteers in the field of aging including: LifeStream Services (the local Area Agency on Aging), Bureau of Aging and In-Home services (state unit on Aging), Ball State University Fisher Institute on Wellness & Gerontology, Arthritis Foundation, Indiana Department of Health, Indiana Association of Homes & Service for the Aging, Area 4 Agency on Aging and Community Action Programs, Medical Consultants, AARP, Attain.

The day long session provided to seniors included lunch, speakers on health and wellness, body, mind and spirit. Participants who were primarily from East Central Indiana completed evaluations of the program, 64% indicated that the conference was very relevant, 98.7% said that they would attend a similar conference in the future. In keeping with the spirit of the conference participants were asked to fill out a one page survey (see attached) that focused on 3 major areas: mind, body and spirit. Participants were asked what were they currently doing to address their needs in each of the topics, what are barriers to achieving fulfillment in these areas, and what are their recommendations. Below is a summary of the most significant findings from 106 respondents:

TOPIC AREA: MIND

What are you doing now?

Reading	81.1%
Volunteering	60.4%
Travel	55.7%

Least frequently noted:

Book club	7.5%
Elder Hostel	8.5%

What are the barriers?

Cost	41.5%
Going Alone	20.8%
Forgetfulness	12.3%

What are your recommendations?

Offer Lower cost Options	48.1%
Service credits for volunteers	27.4%
Improve Transportation.	21.7%

TOPIC AREA: HEALTH

What are you doing now?

Walking	69.8%
Eat 3 veggies or fruit/day	56.6%
Occasionally exercise	50.9%
Least frequently noted:	
Tai Chi	2.8%
Yoga	6.6%
Swim	14.2%
Eat 4+ veggie or fruit/day	14.2%

What are the barriers?

Lack of Time	33%
Arthritis	30.2%
Hard to change habits	28.3%

What are your recommendations?

Offer Lower cost Options	46.2%
Nutrition Classes	25.5%
Cooking Class	18.9%

TOPIC AREA: SPIRIT

What are you doing now?

Pray	87.7%
Attend Church	71.7%
Volunteer	65.1%

Least frequently noted:

Involved in politics	14.2%
Meditate	34.9%

What are the barriers?

Hard to change	15.1%
Don't feel connected	11.3%
Others don't support beliefs	7.5%

What are your recommendations?

More support of spirituality	50.9%
Community bulletin board To get involved	32.1%
Expand spiritual Choices	31.1%

For more information contact:
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